



Make Smarter Choices at the Drive-Thru

Fast food is known to be high in fat, salt, and sugar... Over the last few years, fast food chains have tried to offer healthier choices, especially for kids meals. Although fast food should not be eaten on a regular basis, it's fine to go to a drive-thru when you're in a pinch and have hungry kids in the car. Try these ways to make healthier choices.



★ Look for Nutrition Information

If you can, look at the menu before you go and plan ahead. Most fast food chains have nutrition information on a website.

★ Resist the Upgrade

Although it sounds great for your wallet, supersizing your meal is not great for your health. Combo meals can pack over 1,000 calories!

★ Skip the Toppings

Cheese, ketchup, mayonnaise, and special sauces add calories. Stick to raw veggies (like tomato, onion, and lettuce) and mustard for flavor.

★ Pick Fruit and Veggie Sides

Apples slices, carrot sticks, and side salads are great choices instead of French fries and chips.

★ Re-Think Your Drink

Milk is a healthier choice than soda- not only does it have less calories and sugar, but it has calcium and vitamins, too. Water or 100% juice are also healthier choices than soda.

For more information: <http://www.eatright.org/resources/for-kids>

Try This

Tomato, lettuce, & onion	15 calories
Mustard — 1 packet	3 calories
Apple slices — 1 packet	35 calories
1% milk — 8 oz.	100 calories
Yogurt parfait with fruit—Small	150 calories

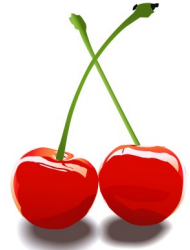
Not That

American cheese — 1 slice	240 calories
Mayonnaise dressing — 1 oz.	100 calories
French fries — Kids meal size	110 calories
Cola — Medium	200 calories
Chocolate shake — Small	480 calories



Food for Thought

Diet plays a big role in how well the brain works. A brain-friendly diet is rich in vitamins and healthy fats. Vitamins are important for the health of your whole body; the brain uses them to change food into fuel for learning, mood, and focus. Antioxidants found in fruits and veggies help protect brain cells from damage and disease. Healthy fats (like omega-3's) are good for growing brains. A well-balanced diet with a variety of colorful fruits and vegetables, lean meat, poultry, fish, eggs, beans, seeds and nuts will help kids and adults get the nutrients they need for a healthy brain!

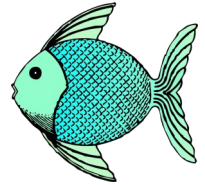


Good Brain Foods

- ★ Salmon
- ★ Berries and cherries
- ★ Dark chocolate
- ★ Nuts and seeds
- ★ Dark green leafy vegetables
- ★ Water (The brain is 80% water!)

Not-So-Good Brain Foods

- ★ Soda
- ★ Candy and cookies
- ★ Potato chips
- ★ Trans fats
- ★ Processed foods
- ★ Syrups and added sugars



For more information: <http://my.clevelandclinic.org>



Positive Body Image for Kids

Did you know that body image problems can start as early as preschool?

Body image is how we feel about our bodies. Kids with a good body image are more confident and likely to succeed. Children with a poor body image are more likely to feel self-conscious and are at a higher risk for eating disorders.

Tips for Promoting Positive Body Image

1

Be a Role Model

Try not to complain about your own body in front of your kids. The way you view yourself influences how your kids feel about their own bodies!

2

Focus on Health

Rather than obsessing over numbers (like weight or calories), focus on being active, eating healthy foods, and making smart choices for health.

3

Be Active

You don't need to be an athlete to be active. Find activities that your child enjoys doing. Walking, dancing, and riding bike are great examples.

4

Watch for Bullies

Weight-related teasing is never okay. If you are concerned that your child is being bullied, contact the bully's parents, school, or daycare right away.

5

Myth Busting

There is no such thing as a "perfect body." Help your child understand advertising and be aware of models and retouching in the media.

For more information: <http://www.eatright.org/resources/for-kids>

Easy, Cheap, & Delicious Recipes!

Skillet Lasagna

Ingredients:

8 lasagna noodles (or 4 cups any type of pasta, uncooked)
1 15-oz carton ricotta cheese, part-skim (or low-fat cottage cheese)
1/2 cup parmesan cheese, grated
1 1/4 tablespoons Italian seasoning
1 24-oz jar spaghetti sauce, low-sodium
10 oz frozen chopped spinach, thawed and squeezed dry (or chopped broccoli)
2 cups mozzarella cheese, part-skim shredded

Make 8 servings

Nutrition per serving (1 1/2 cups):

479 calories, 16 grams fat, 6 grams fiber, 25 grams protein, 366 mg sodium



Directions:

1. Cook the noodles as directed on the package. Drain and set aside.
2. In a small bowl, mix the ricotta cheese, 1/4 cup of the Parmesan cheese, and Italian seasoning.
3. Do NOT turn on stove top until all layers have been added.
4. Spread half of the jar of sauce in an ungreased deep-dish skillet. Top with half the cooked noodles (4 lasagna noodles or 2 cups other types pasta).
5. Spread half of the cheese mixture over the noodles. Top with half of the spinach or broccoli.
6. Sprinkle half the mozzarella cheese over the vegetables.
7. Repeat with the remaining noodles, cheese mixture, sauce, vegetables, and mozzarella cheese.
8. Sprinkle with the rest of the Parmesan cheese. Cover.
9. Turn on the stove top to medium-low until the cheese is melted (approximately 20 minutes). Allow to stand for 5 minutes before serving.
10. Refrigerate any leftovers.

Pumpkin Bread

Ingredients:

1 15-oz can pumpkin
1 cup sugar
1/4 cup vegetable or canola oil
1 cup low-fat plain yogurt
1 1/2 cups all-purpose flour
1 1/2 cups whole wheat flour
2 teaspoons baking powder
2 teaspoons baking soda
2 teaspoons cinnamon
1/2 teaspoon salt
1 cup raisins



Directions:

Preheat oven to 350 degrees.

1. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt.
2. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened.
3. Stir in raisins.
4. Pour into 2 greased 9x5x3 inch loaf pans. Bake for about 1 hour.
5. Cool on a wire rack for 10 minutes; remove from pan and cool completely.

Makes 32 servings

Nutrition per serving (1 slice):

110 calories, 2 grams fat, 2 grams fiber, 2 grams protein, 150 mg sodium

Recipes from What's Cooking — USDA Mixing Bowl

<http://www.whatscooking.fns.usda.gov/>

Healthy Kids Eau Claire County -

to inspire families to make healthy habits happen through reliable consistent education, resources, and support.

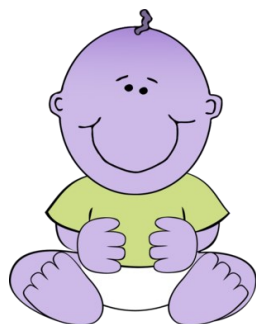
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Mothers have the Right to Breastfeed!

Did you know that a mother has the right to breastfeed wherever a mother and child are allowed to be? This Wisconsin state law was made in 2010.

The Fair Labor Standards Act also helps make it easier for mothers to continue breastfeeding after going back to work too. This act makes employers give enough break time to a breastfeeding mom each time she needs to



express milk for her baby for 1 year after birth. Although timing and length of breastfeeding breaks will change, the Department of Labor tells employees to expect two or three breaks during an eight-hour shift.

The length of breast feeding breaks depends on time it takes to set up, express milk, clean up, and store breast milk.

Employers must also have a private place for the employee to express milk. A bathroom is NOT okay. The space must have signs or a lock on the door to keep it private.

Lastly, jokes about breastfeeding should never be allowed. It's important to talk to your employer about how he or she enforces this rule at your workplace.



For more information:

United States Department of Labor <http://www.dol.gov>

FREE! Breastfeeding Class

Classes will be held at the Eau Claire City-County Health Department:

Wednesdays 6-7:30 PM:

October 14
November 11
December 9
January 13
February 10

Tuesdays 10-11:30 AM:

October 27
November 24
January 26
February 23

Call (715) 577-6154 for more information and to register today!

Topics covered in this class include:

- Benefits of breastfeeding for babies, mothers, and fathers
 - How breastfeeding works
 - Latching on and positioning
 - Frequency and duration of feedings
- How to know your baby is getting enough to eat
- Strategies for returning to work or school
- When and where to get help if you need it